

**All activities are FREE!**

**520 N. Market St, Frederick, MD**

# ON THE MARK

**February 2013- Theme: Social Relationships**

**Contact:**

**301-600-1132**

<http://www.frederickcountymd.gov/health>  
[www.facebook.com/OntheMarkClubhouse](http://www.facebook.com/OntheMarkClubhouse)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Drug Awareness Celebration!</b>  Open: 11am- 5pm
3 3:30-5- HW Help 5-6:30 Making Decisions*  Open: 3:30-7pm	4 3:30-5- HW Help 5-6:30 WRAP Activity*  Open: 3:30-7pm	5 3:30-5- HW Help 5-6:30- Debate*  Open: 3:30-7pm	6 3:30-5- HW Help 5-5:30 Committees Meet * 5:30-6:30- Journal Writing/ Discussion* Open: 3:30-7pm	7 3:30-4:30- Career Talk* 4:30-5:30- Healthy Cooking 5:30-6:30- Discussion* HW help available upon request Open: 3:30-7pm	8 11-12- Tobacco Coalition* 1-5- Westview*  Open: 11am-5pm
10 3:30-5- HW Help 5-6:30 Job Searching *  Open: 3:30-7pm	11 3:30-5- HW Help 5-5:30 Life Planning * 5:30-6:30- Future Activities Planning*  Open: 3:30-7pm	12 3:30-5- HW Help 5-6:30- MYO Valentine Cake Pops*  Open: 3:30-7pm	13 3:30-5- HW Help 5-5:30- Decorating Cake Pops* 5:30-6:30- MYO Valentines Card* Open: 3:30-7pm	14 3:30-5- Open Gym/B'Ball @ Tally Center 5-6- Baking & Decorating for Valentine's Party* HW help available upon request Open: 3:30-7pm	15 <b>Valentine's Day Party!</b>  Open: 11am-5pm
17 FCPS Closed Open 1-5 1-2 HW Help 2-4- Crayon Art* 4-5 – Communication Skills * Open: 1-5pm	18 FCPS Closed Open 1-5 1-2:30- HW Help 2:30-3:30- Staying Safe* 3:30-5-Expressing Emotions* Open: 1-5pm	19 3:30-5- HW Help 5-6:30 Volunteer- Soup Kitchen*  Open: 3:30-7pm	20 3:30-5- HW Help 5-6:30 Photography Day *  Open: 3:30-7pm	21 3:30-4:30- Career Talk* 4:30-7 - Civil War Museum* HW help available upon request Open: 3:30-7pm	22 11-2- Games & Movie* 2-3:30- Volunteer Opportunity* 4-5- MYO Stress Balls* Open: 11am-5pm
24 3:30-5- HW Help 5-5:30- Discussion* 5:30-6:30 How to Prepare for College/ Study Skills *  Open: 3:30-7pm	25 3:30-5- HW Help 5-6:30 Volunteer- Soup Kitchen*  Open: 3:30-7pm	26 3:30-5- HW Help 5-6:30 Refusal Skills *  Open: 3:30-7pm	27 3:30-5- HW Help 5-6:30 Manners and Etiquette*  Open: 3:30-7pm	28 3:30-4- Discussion* 4-5:30- Laser Tag 5:30-6:30- Healthy Cooking* HW help available upon request Open: 3:30-7pm	<b>All highlighted activities are opened to all family members!</b>

## **Life Skills Schedule**

*Every Monday from 5:00-6:30*

**Making Decisions**

**Job Searching**

**Interview Practice**

**Communication Skills**

**How to Prepare for College**

**Study Skills**

## **Discussions**

**Maintaining Healthy Relationships**

**Social Relationships**

**Review New Year Resolutions**